

# Fruits and Vegetables



## Be the Role Model Your Kids Look Up To



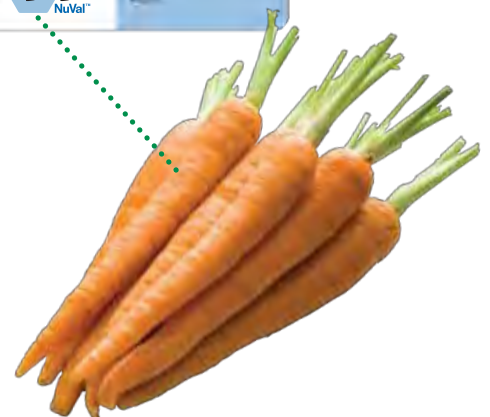
Kids follow the leader everyday when it comes to eating – so the best way to get them to eat more fruits and vegetables is to eat them yourself. Start by having the produce you love always on hand and ready to eat. This makes it easy for kids to grab fresh fruit and vegetables for a snack or part of a meal.

**Why eat fruits and vegetables? They're like nature's multivitamin, providing the body with nutrients it needs to grow strong and stay healthy, like potassium, folate, and vitamin C.** They also provide fiber which can help hold you over until the next meal. Every color has a different set of vitamins and minerals, so be sure to eat a rainbow of colors!

The NuVal System is a great tool that, quickly and easily, guides you to the most nutritious foods. Foods are scored from 1 to 100, the higher the score, the higher the nutrition. Just look to trade up for health with higher scoring foods. It's that simple.

It's easy to score high with fresh, frozen, or canned fruits and vegetables – especially when there is no added salt, sugar, or fat.

Visit [www.nuval.com](http://www.nuval.com) to find a store near you with NuVal scores.



# Fruits and Vegetables

	HIGHEST
Oranges, Kiwis, Berries, Broccoli, Asparagus, Cauliflower, Spinach	100
Birds Eye Frozen Chopped Spinach Box, No Salt Added	100
Dole Frozen Blueberries; Sliced Strawberries No Sugar Added, Frozen	100
Del Monte Fresh Cut Green Beans, Canned No Salt Added	100
Peaches, Plums, Pineapple, Artichoke, Acorn Squash, Carrots	99
Apples, Pears, Eggplant, Sweet Potato	96
Mango, Cucumber, Potato	93
Grapes, Bananas, Corn	91
Green Giant Frozen Mixed Vegetables Steamable Bag	87
Iceberg Lettuce	82
Del Monte Chopped Spinach, canned with salt	76
Green Giant Simply Steam No Sauce White Corn, frozen	62
Green Giant Create A Meal Stir Fry Teriyaki, Frozen	49
Del Monte Fresh Cut Sweet Peas, Frozen	39
Glory Foods Smothered Potatoes with Sliced Carrots, Canned	32
Mott's Natural Apple Sauce	29
Del Monte No Sugar Added Sliced Pears in Water, Canned	28
Dole Pineapple Chunks in its own Juice, Canned	25
Birds Eye Frozen Carrots and Cranberries in Brown Butter Sauce	22
Progresso Artichoke Hearts, Canned	18
Three Diamond Mandarin Oranges in Light Syrup, Canned	10
Dole Mixed Fruit in Black Cherry Gel, Canned	5
Del Monte Sweet Sauerkraut with Caraway Seeds, Canned	2
	LOWEST

The score is driven down by trans fat, sugar, and salt

## TIPS

Frozen and canned fruits and vegetables can be just as nutritious as fresh – and can help save money. If you can't find the score, simply look at the ingredients list and avoid foods with added salt, fat, and sugar.

Children who help prepare a meal are more likely to eat and enjoy it as well!

When fruits and vegetables are always in sight, kids will choose them more often as snacks.

Kids love to interact with food – so make it fun for them to eat! Let them dip cut vegetables in a high scoring hummus or salsa; and cut fruit in light, low fat yogurt.

Have the family try one new high-scoring fruit or vegetable every week. Conduct a taste test!



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eating smart®**

Looking for more scores?  
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of stores near you with NuVal.

